



# BOSTON BAND WEAR & CARE GUIDE

## PUTTING ON THE BOSTON BAND

- Open the Boston Band by spreading the plastic at the side opening
- Use the closed ear to guide the placement
- The Boston Band should be just above brow level and should not block your child's field of vision
- Contact with the ears is acceptable, but the Boston Band should not push on the ears

## WEARING SCHEDULE

- A gradual break-in is important to allow for your child to adjust well to the Boston Band
- The break-in period will typically last 3-4 days
- The goal is 23 hours per day of wear time, with a morning and evening break
- **Please follow the chart below:**

<b>Day 1</b>	1hr on	30 min off	2 hrs on	30 min off	3 hrs on	30 min off	Helmet <b>OFF</b> to sleep
<b>Day 2</b>	4 hrs on		30 min off	5 hrs on		30 min off	Helmet <b>OPTIONAL</b> to sleep
<b>Day 3</b>	AM check	6 hrs on	30 min off	6 hrs on		PM check	Helmet <b>ON</b> to sleep
<b>Full Time Wear</b>	AM check	Helmet on all day				PM check	Helmet <b>ON</b> to sleep

## CHECKING YOUR CHILD'S SKIN

- Skin checks should be done every time the helmet is removed
- Some redness/irritation may occur, but any redness/irritation should dissipate within 30 minutes
- For redness/irritation lasting longer than 30 minutes, leave the Boston Band off and contact your orthotist for further instruction
- It is important to wear the Boston Band 20 minutes prior to any Boston O&P appointment

## PRECAUTIONS

There are a few times when it is important to remove the Boston Band:

- When the child has an unexpected fever
- For doctors visits, physical therapy or any medical procedures, as needed

## PRECAUTIONS, CONT.

- At bath time or while swimming
- After swimming, wash your child's head to remove chlorine, sunscreen, etc. Reapply the Boston Band when both your child's hair and the helmet are dry
- If your child is showing any signs of overheating



## CLEANING YOUR CHILD'S HEAD

- During treatment, it is important to clean your child's head daily
- Do not change shampoos prior to beginning treatment
- To avoid skin irritation, make sure the shampoo is fully rinsed from your child's hair
- Your child's hair should be fully dry before resuming wear
- If applying lotions/oils/creams, make sure the skin is dry before resuming wear

## CLEANING YOUR CHILD'S BOSTON BAND

- Daily cleaning is necessary in preventing any unpleasant odors or discoloration that may occur from a build-up of sweat and/or dead skin
- Some discoloration is normal over time and should not be a cause for concern

### To clean at bath time:

- Gently wipe the inside of the Boston Band with a clean, soft cloth with mild soap and water
- Repeat with just warm water until all soap residue is removed
- Wipe the helmet out with a dry towel/cloth and allow to air dry
- Do NOT use a hair dryer or any other heat source to dry the inside

### To disinfect (at least weekly):

- Gently wipe the inside of the Boston Band with a clean, soft cloth with 70% rubbing alcohol
- Repeat with just warm water to ensure no rubbing alcohol remains
- Wipe the helmet out with a dry towel/cloth and allow to air dry
- Do NOT use a hair dryer or any other heat source to dry the inside

## CAR SEAT GUIDELINES

**If the car seat is tight on the helmet so that your child cannot turn their head, here are options to try:**

- Remove/adjust any head/neck inserts
- If transitioning from an infant carrier to a larger car seat is upcoming, consider making the transition now
- If you are concerned with how your child fits in their car seat with their Boston Band, remove it while traveling in the car and ask your clinician to assess at your next visit
- Confirm fit and position at fitting appointment with clinician

## HAVE A QUESTION?

If you have any questions about the fit, wear and care of your orthosis, please call your orthotist.

Any changes related to your specific diagnosis or general health should be reported to your physician.



Scan our QR code to access helpful links, such as videos on how to properly put on the Boston Band, how to clean it, and more.

